

December 2014



CITY OF HAMPTON  
PARKS & RECREATION

# Be Fit-Be Well

## 12 Tips for a Happy & Healthy Holiday

*Tip 1* PERK UP - No caffeine required! When the afternoon slump comes around, skip the gingerbread latté and opt for a walk instead.

*Tip 2* ZEN OUT - Make time to manage the holiday stress with a little mindful meditation and relaxation.

*Tip 3* GIVE UP THE GADGETS - At your next holiday party, try stowing away your smartphone and make face-time matter.

*Tip 4* DITCH THE DESSERTS - Next holiday cookie swap, grab fresh fruit instead. Your waistline and your noggin will thank you.

*Tip 5* REACH FOR THE STARS - Don't wait for the New Year to set a healthy goal. Grab a pal and aim to up your activity, sleep more, or make healthier meals.

*Tip 6* GIVE A LITTLE - Stay connected to your community during the holidays. Volunteer, donate old coats, shop local— everything counts!

*Tip 7* MOTIVATE ONE ANOTHER - It's easy to skip exercise during the holidays. Stay on track with a little healthy competition with colleagues.

*Tip 8* WALK THIS WAY - Nothing clears the mind like a brisk walk in the winter air. But if the weather outside is truly frightful, jump on a treadmill instead.



*Tip 9* SHARE THE LOVE - Holidays are a wonderful time to connect and make memories with loved ones; it will truly make your season bright!

*Tip 10* PRIORITIZE - Pick one priority to cross off your holiday to-do list. You'll keep your stress under control and feel more accomplished.

*Tip 11* BE NEIGHBORLY - Make it a point to reach out to whomever lives next door; you never know how far a holiday hello will go!

*Tip 12* PINCH THOSE PENNIES—Holiday shopping list got your pocket book in a bind? Track all the ways you're spending your money and see what can go.

# New Staff



Hello my name is Delterrence Jackson, I currently attend Norfolk State University. My major is Exercise Science and I plan on becoming a Fitness Director or Athletic Director. I am 20 years old and I live in Newport News. I am a fun outgoing person and I love sports. In my free time I play basketball, tennis, and I love to swim. I am very excited to be the Fitness Specialist of West Hampton Community Center. I look forward to meeting all of you and helping you in your journey to a healthy lifestyle.

## Recipe of the Month - Cherry Pistachio Slice & Bake Cookies

This ran last year in December but was requested again by some City Employees who really enjoyed them.

### Ingredients

2 1/2 cups all purpose flour	2 large eggs	1/2 tsp baking soda	1/4 tsp salt
1 tsp vanilla extract	1 cup sugar	1/4 cup canola oil	1/4 cup dried cherries, chopped
2 oz dark chocolate, chopped	6 tbsp unsalted butter, at room temperature	1/2 cup pistachios, finely chopped	

### Preparation

1. In a bowl, combine flour, baking soda and salt. In a separate bowl, using an electric mixer, beat sugar, butter and oil until smooth. Add eggs and vanilla, beat until combined.
2. Add flour mixture to egg mixture in 5 batches. Stir in cherries and chocolate.
3. Divide dough in half; form into two logs, 2 inches by 8 inches; wrap in plastic wrap and freeze, 1 hour.
4. Heat oven to 350\*. Coat 2 baking sheets with cooking spray.
5. Spread nuts on a cutting board; roll logs in nuts. Cut logs into 20 slices each and arrange on baking sheets. Press cookies lightly. Bake until golden, 8 to 9 minutes.



### Nutritional Information per cookie

101 calories, 5 g fat ( 2g saturated fat), 13g carbohydrates, 1g fiber, 2g protein



*The Performing & Creative Arts Center Presents*  
**Musical Mosaic Vocal Ensemble**

*"Keeping the Holiday Special"*

**December 13, 2014**  
**6:30 p.m. Free\***

Host: *Mathew St.Clair & Lari Petteway*

Featuring: *Rapper and Poet Walt-Leon & Angel Choir First Church of Newport News (Baptist)*

Special Guest: *DeEnrique, Middleton Academy Dance & Jaselyn Best*

\*Please help us help others. Donations of gloves and blankets are being collected to aid the homeless in our community.

Musical Mosaic will perform your holiday music favorites, the classics as well as the contemporary. Musical Mosaic is a community focused vocal group and the entire community is invited to come and enjoy this FREE concert!

The Performing & Creative Arts Center  
 (Formerly the Teen Center)  
 300 Butler Farm Road  
 Hampton, VA 23666



For more information  
 call Marie St.Clair at  
 757-766-1510 or email  
 mstclair@hampton.gov

**Fort Monroe Community Center**  
 will transform into a

**Winter Wonderland**  
 for the month of December

 Please bring the family in for photo opportunities (free of Charge) We will have many choices for holiday card backdrops-families must bring their own cameras.

**A FEW OF OUR DECEMBER ACTIVITIES INCLUDE:**

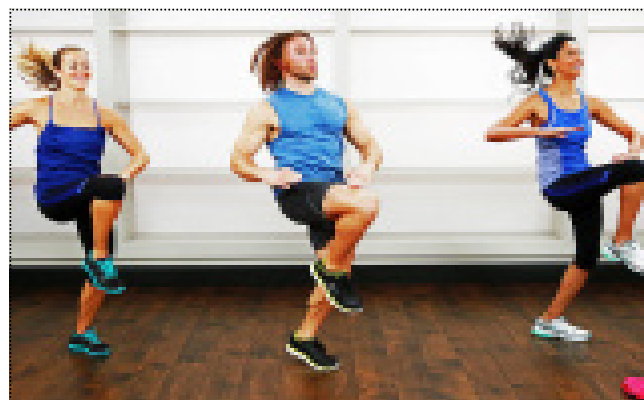
**Dec 5** - 1st year anniversary Celebration - Stop in and see all the wonderful things we have going on.

**December 6, 13, and 20th** - Holiday crafts with kids 11-1pm \$2 per child per craft

**Dec 19th** - Rainbow puppets present Babes in Toyland at 6:30 pm. (please bring a can good to benefit the H.E.L.P pantry)

**HOLIDAY HOURS**  
 December 22nd and 23rd 9am-6pm  
 Closed 24, 25, and 26th of December  
 9am-6pm December 29, 30 and 31st  
 Closed January 1st and 2nd

**HOURS OF OPERATION**  
 Monday-Friday 8am-8pm  
 Saturday 8am-4pm



**Don't wait until the New Year to get your workout on. Check out the complete listing of Fitness classes at [www.hampton.gov](http://www.hampton.gov)!**

## HAMPTON PARKS & RECREATION

Fort Monroe Center

727-6831

100 Stillwell Road

Newtown Center

728-1710

4315 Kecoughtan Road

North Phoebus Center

727-1160

249 W. Chamberlain Ave.

Northampton Center

825-4805

1435-A Todd's Lane

Old Hampton Center

727-1123

201 Lincoln Street

Performing & Creative Arts Center

766-1510

300 Butler Farm Road

Senior Services Center

727-1601

3501 Kecoughtan Road

West Hampton Center

896-4687

1638 Briarfield Road

YH Thomas Center

727-1200

1300 Thomas Street

# December Do's

⇒ *SANTA'S ATTIC at City Hall; Dec 11, noon to 5p & Dec 12, 10a to 6p FREE*

⇒ *HOLLY DAYS PARADE "Joy To The World" Dec 13, 7p, Downtown Hampton FREE*



⇒ *SANTA CALL'S at City Hall; Dec 16, 5:30-8p. Forms available at [www.hampton.gov/parks](http://www.hampton.gov/parks) and volunteers are welcome!*



⇒ *BRUNCH WITH SANTA at Northampton Dec 20, 10-11:30a. \$3 per person, call 825-4805 to register.*

⇒ *Kwanza Celebration at the Performing Arts Center; Dec 27, 3p. Call 766-1510 for details.*

⇒ *Teen Hot Spot at the Performing Arts Center; Dec 27, 7p. Call 766-1510 for details.*

*Holiday Hours at ALL HPR Community Centers will begin Monday, December 22. Please check your favorite Center for specific opening and closing times.*

